

# Canberra

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Population: 309,500  
Time Zone: GMT/UTC plus 10 hours  
Telephone Area Code: 02

## INTRODUCTION

Imagine a lifestyle devoid of traffic jams, pollution, three hour commutes to the office and overpriced/non-existent car parking..

Canberra is a picturesque twentieth century cornucopia of symmetry and intrigue, laid around the banks of Lake Burley Griffin. In Civic, on the northern side of the lake are the shops, businesses and university, while Parliamentary and other administrative buildings are located to the south of the lake. All of which are surrounded by charming satellite towns. Civic is also the center of Canberra 's nightlife which, contrary to popular reputation, is surprising vivacious.

## THINGS TO DO

Despite the Capital's laid-back persona, it presents a myriad of sights, events and activities, appealing to all. Canberra 's landscape is highlighted by the Australian National Botanic Gardens, the National Gallery of Australia , the National Portrait Gallery and Parliament House, and permits a scope of sporting activities rarely found within such a tight proximity. Cycling, swimming, skiing, bushwalking, watersports and cruising are always appealing proposals, and annual events such as the Canberra Festival, National Folk Festival and Floriade Festival guarantee to consistently keep both tourists and locals alike entertained. HEALTH

ACT Health, the Australian Capital Territory Government's Department of Health, sets health policy and plans the delivery of health services, while ensuring these services meet community needs. ACT Health also funds a range of non-Government organisations to provide vital healthcare services to the people of the ACT and surrounding region.

Their Health Action Plan sets the broad direction for public health services in the ACT to guide more detailed planning. The strategic areas of focus in the plan are improving the health of the ACT population and improving health and community health systems.

The key healthcare facilities in this area include Calvary Public Hospital, The Canberra Hospital, Calvary John James Hospital, Calvary Private Hospital, National Capital Private Hospital and Mental Health ACT. For more information, please contact Naiman Clarke on (02) 9233 7977.